LIGHTEN UP FOR SPRING
FRITTATA WITH MUSHROOMS {page 12}

TELLING ALL
EVANGELISTIC MOM STRUGGLES WITH KATY'S SUCCESS {page 9}

VANCOUVER metro®
Wednesday, March 30, 2011
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News worth sharing.

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Ignatieff courts immigrants

Canadians go back to polls May 2 Prime Minister Stephen Harper's government was defeated last week in attempt to pass new budget Earlier yesterday, Michael Ignatieff pledged $1 billion annually to help post-secondary students pay for school

KRISTEN THOMPSON/METRO

▶ Liberal Leader Michael Ignatieff talks immigrants' rights at Langara College yesterday.

Liberal Leader Michael Ignatieff was at Langara College last night promising to help reunite immigrant families and find newcomers work in their chosen professions if elected prime minister.

"There are a lot of disillusioned (new) Canadians," Ignatieff said, joined by Liberal MP Ujjal Dosanjh and members of community organizations.

"I'm in politics to make sure Canada lives up to its promise ... of hope and opportunity,"

Ignatieff called for a national anti-poverty strategy, better access to child care and more affordable housing in Vancouver.

"How do we give all Canadians the means to rise up?" he asked.

"I think of my dad, who came here (from Russia) in 1928 ... for a new chance. We can't promise equality and not deliver it."

KRISTEN THOMPSON

Local

B.C. Place gets soccer checkup

Canadian Soccer Association officials tour stadium as they mull suitability for FIFA women's final in 2015 {page 3}

Canucks clinch West with win

Alex Burrows pots 2 goals in 3-1 victory against Predators {page 18}

Get away to sunny Antigua

Picturesque island boasts 365 beaches {page 11}

Netflix takes shot at ISPs

Profits, not service, behind data caps, CEO claims {page 7}

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Cummins enters leadership race for B.C. Tories

John Cummins announced yesterday morning that he will be entering the leadership race for the B.C. Conservatives.

Cummins touched on the policies he will fight for, including banning donations for political parties from unions and corporations in B.C.

"If a party cannot raise money from the voters, it has no business representing them in the legislature," said Cummins.

The B.C. Conservative Party leadership vote is scheduled for May 28.

MEAGAN GILL

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ John Cummins

Vancouver UFC event shaping up

The Ultimate Fighting Championship is on the verge of announcing its next event in Vancouver.

UFC Canada president Tom Wright was in town this week to finalize plans for the upcoming UFC 131 slated for June 11 at Rogers Arena — headlined by Brock Lesnar and Junior Dos Santos — the coaches of The Ultimate Fighter reality show. MATT KIELTYKA

MATT KIELTYKA/METRO

▶ Canadian Soccer Association general secretary Peter Montopoli speaks to media after a visit to B.C. Place stadium yesterday.

Soccer Association checks on B.C. place

Canada will host FIFA Women's World Cup 2015
Vancouver wants to host final at B.C. Place

MATT KIELTYKA
@METRONEWS.CA

The City of Vancouver will have to wait much longer to find out whether B.C. Place will host the finals of the FIFA Women's World Cup in 2015.

Canadian Soccer Association executives were in town yesterday to do a site inspection of the under-renovation stadium in preparation for the tournament.

But despite the city's insistence that it wants to host the finals, a decision is well off.

"We're in the process now of evaluating the candidate bid cities to make them become official host cities," said CSA general secretary Peter Montopoli.

"We're probably looking to make some announcements in the new year ... (then) we'll start working with each of the official host cities in order to assess which is the best candidate for opening game, final, opening and closing ceremonies, and draw."

Vancouver, Edmonton, Winnipeg, Ottawa, Montreal, Halifax and Moncton are the six candidate cities named in the winning FIFA bid.

The three stadiums considered large enough to host the final are B.C. Place in Vancouver, Commonwealth Stadium in Edmonton and Olympic Stadium in Montreal.

Montopoli said officials were "impressed" with B.C. Place during their two-day inspection but tried to downplay the city's early expectations of hosting the championship match.

"A tournament is not run in one city, one match," he said. "There are 52 games."

In addition to the senior tournament, Canada will also host the FIFA Under-20 Women's World Cup in 2014.

1 news

Pro tip: Staff searching for the Bronx Zoo's missing cobra should check her Twitter feed. Scan the code for the story.

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Gord McIntosh on how the Liberals allowed themselves to be run over by the coalition charge. More at metronews.ca/spindoctor.

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Campaign trail promises toe party lines

- Tories rehash tax credit to help small businesses
- Liberals focus on students on Day 4 of campaign

Help for small business. A boost to post-secondary students. A kick in the shins to the big banks.

It was a day of ideological retrenchment on the campaign trail yesterday as the three major federalist parties retreated to their traditional policy corners for a breather.

Prime Minister Stephen Harper peeled a page from his recent, stillborn budget to re-announce a modest, one-year, $1,000 tax credit to help small businesses protect against increases to employment insurance premiums.

Liberal Leader Michael Ignatieff made his first big policy pitch of the 36-day campaign that culminates May 2 — a $1 billion-a-year pledge for new, tax-free student grants to assist roughly a million families with college or university costs.

And Jack Layton of the NDP reprised his own hardy perennial — a vow to legislate lower interest rate charges on consumer credit cards.

Even Bloc Québécois Leader Gilles Duceppe went old school with a rousing defence of French language protections in Quebec.

For Ignatieff, the showpiece was a big boost to a previous Liberal government's popular Registered Education Savings Plan program. THE CANADIAN PRESS

Student savings

Liberal Leader Michael Ignatieff focused Day 4 of the campaign on post-secondary students.

- Ignatieff's plan would provide students $1,000 a year for four years — and up to $1,500 a year for low-income families.
- The grants would go into education savings accounts for 14- to 17-year-olds as they approach post-secondary school age.
- Current students would also benefit from a transition period program, according to a Liberal release.

Shark. Attack

▶ Jason Kresse holds a 170-kilogram shark that leapt into his boat Monday during a fishing trip in Freeport, Texas.

THE ASSOCIATED PRESS/COURTESY JASON KRESSE

Jumped the shark

A mako shark leapt into the boat of a small fishing crew while they were catching red snapper in the Gulf of Mexico Monday. Jason Kresse says the shark thrashed around their boat for hours before dying.

Ex-Tory aide leaves key riding amid RCMP probe

A former Conservative staffer under investigation by the RCMP has left his volunteer job in a key electoral battleground, Prime Minister Stephen Harper says.

Harper told a news conference in Regina yesterday that Sebastien Togneri is no longer working in the riding of Edmonton-Strathcona.

The announcement came after The Canadian Press learned Togneri was helping the campaign of Ryan Hastman, a Conservative with ties to the Prime Minister's Office.

Hastman is trying to wrest away the only riding in Alberta the Conservatives did not win in 2008.

As a senior aide to a cabinet minister in 2009, Togneri demanded that government officials block the release of a document requested by The Canadian Press under Access to Information laws. THE CANADIAN PRESS

"A TOWN GONE MAD AT THE END OF WINTER"

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IT'S THE END OF RELIGION AS WE KNOW IT

Just sayin'

PAUL SULLIVAN

Lost in the manufactured frenzy of the fourth federal election call in seven years is a much more important story.

According to a mathematical formula devised by a bunch of professors, Canada is one of nine countries losing its religion.

The others include the usual godless suspects: The Netherlands, the Czech Republic and Finland, but included a couple of surprises, such as Ireland, which has only recently emerged from mandatory catechism classes, and Switzerland, land of theologians. Australia and New Zealand, who have already sent the Queen packing, are also in danger of tossing God off the cart.

It's a progression and if we keep telling the census we don't belong to any organized religion, there eventually won't be any organized religion. It's a self-fulfilling prophecy, which explains perhaps why the Harper Government (trademark registered), a champion of organized religion, sank the long census form and its snoopy religion questions.

Don't ask, don't tell.

If you are a regular churchgoer, you won't like the way it's going. More than half of young Canadians aged 15 to 29 claim to have no religious identity. In 100 years, we will all be sleeping in Sunday morning.

The same thing is going on, though to a lesser degree, in the more God-fearing U.S., where 25 to 30 per cent of 20-somethings have no religious affiliation.

The reason? They're tired of right-wing geezers hijacking the agenda and are voting with their feet.

Speaking of right-wing geezers, Pope Benedict XVI is still making pronouncements from the Vatican.

I suppose that's his prerogative when it comes to matters moral, although recent musings on condoms from a celibate 83-year-old white guy didn't do much to enlighten the faithful.

But that hasn't stifled his enthusiasm for pronouncements. Not long ago, he dabbled in quantum physics and claimed to have it on good authority that God was behind the Big Bang — the creation of the universe.

You have to ask: How does he know? Especially because Stephen Hawking, the world's foremost quantum physicist, says the universe was able to kick-start itself thanks to the law of gravity. No God involved.

Take it on my authority, says the Pope, but according to the aforementioned professors, just sayin' it doesn't do it any more.

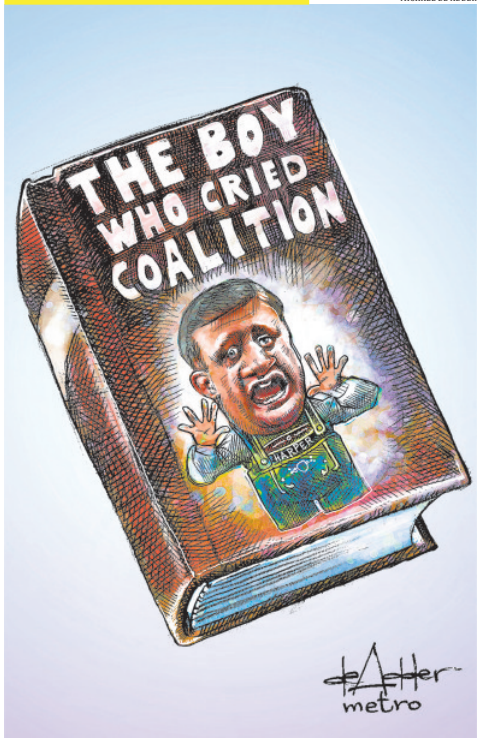
Too bad that hasn't stopped Hawking himself from making baseless pronouncements not grounded in science: He warned recently that humankind should avoid contact with aliens at all costs, since they're likely to be equipped with superior firepower — and hostile.

Not sure why. Maybe God has abandonment issues and he's on their side.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Cartoon

MICHAEL DE ADDER



Cheer up, it's good news

Worth mentioning

Good news begets better people.

That's the conclusion of new research from the University of British Columbia that says people are inspired to do good by reading media stories about selfless acts by Good Samaritans, instead of negative stories.

Lead author Karl Aquino says the news media has a tendency to celebrate bad behaviour, citing the coverage of the recent exploits of Charlie Sheen and articles that focus on crime.

He said four separate studies found a direct link between a person's exposure to media accounts of extraordinary virtue and their yearning to change the world.

In one experiment, people exposed to stories of uncommon goodness gave 24 per cent more money to charity than those exposed to reports that were merely positive.

Aquino said the findings could have implications in crisis situations like the recent disasters in Japan, because focusing on examples of extraordinary goodness within the crisis may be a more effective way to encourage people to help than inundating them with stories of desperation.

THE CANADIAN PRESS

Inspirational

How do you unwind after a hectic day?

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Metro Minute with celebrity chefs

Why not spend an intimate evening with celebrity chefs in a fundraising soirée and learn expert cooking techniques that can be used in your home kitchen?

Todd Bright and Andrew Wong from Wild Rice will lead the three-hour cooking class tonight in a private residence as part of the Arts Club Theatre Company's 2011 spring series of Celebrity Chef Cooking Classes. Guests have the opportunity to participate in cooking and preparing a three-course meal that will focus on Asian fusion, seafood and sustainable ingredients.

For tickets and info, call Nina Bowkett at 604-687-5315 ext. 450. A full list of chefs and dates is available at artsclub.com.

PHYLICIA TORREVILLAS

COURTESY OF WORLDEXPOSURE.COM

▶ Join Vancouver executive chefs Todd Bright and Andrew Yong tonight to learn expert cooking techniques you can apply at home.

Mad caps drive up Internet bills: Netflix boss

It's unreasonable for ISPs to be charging dollars per gigabyte in overage fees for video streaming, CEO says

Canada's Internet providers are using data caps to inflate their profits, not offer better service, says Reed Hastings, CEO of Netflix.

The video-streaming company has released a plan to combat the relatively low downloading allowances on most Canadian Internet plans. But Hastings said yesterday that customers shouldn't have to ration their data use when the true cost of that data is less than a penny per gigabyte. Internet providers have disputed that figure.

On Monday, Netflix rolled out options to control data consumption. Users can still watch a movie or TV show with the best available quality, which can take more than two gigabytes per hour to stream. But a new default setting — at a lesser quality — will consume only 300 megabytes an hour. With the new setting, watching 30 hours of content a month would transfer about nine gigabytes of data, which Hastings notes would come under the caps of most Internet plans.

U.S.-based Netflix, which launched in Canada in September, is on track to add its one-millionth Canadian customer this summer.

THE CANADIAN PRESS

"Internet traffic is extremely cheap and the problem is there's not much competition and that's why you get these big prices."
REED HASTINGS, NETFLIX CEO, ON DATA-CAP BILLS

Market moment

TSX	Dollar
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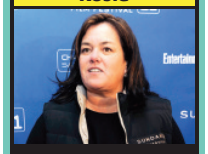
2 scene

Rosie

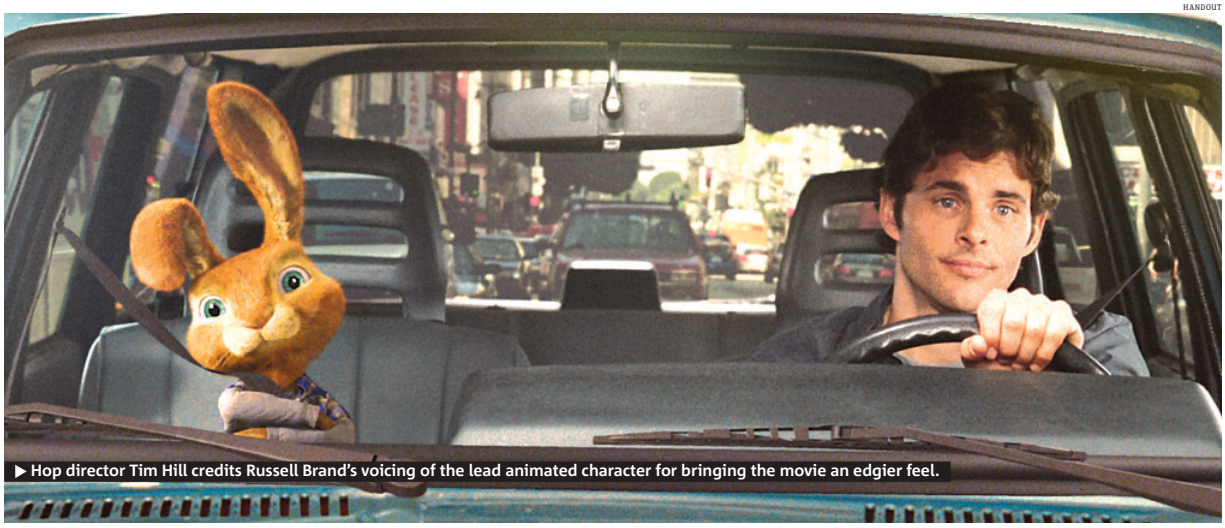


The Oprah Winfrey Show is shutting down at the end of the season, but the lights won't be going out at Winfrey's studio in Chicago. That's because Rosie O'Donnell's new talk show will be produced at Harpo Studios on Chicago's West Side.

THE ASSOCIATED PRESS

Scoop! Perez Hilton has deal for children's book, 'The Boy With Pink Hair'

HANDOUT



▶ Hop director Tim Hill credits Russell Brand's voicing of the lead animated character for bringing the movie an edgier feel.

Down the rabbit hole

Russell Brand-voiced renegade hare draws the audience into this altered children's tale
Hop blends family entertainment with an edgier approach for this physical comedy flick

STEVE GOW
SCENE@METRONEWS.CA

There have literally been hundreds of portrayals of Santa Claus in cinema. But the Easter Bunny — not so much. But with this Friday's release of Hop, things may finally change for the egg-hiding hare.

"I don't think the Easter Bunny ever sparkled in Hollywood's mind as a character that could be explored and just kind of be invented, whereas Santa has its own myth," said Hop director Tim Hill. "(Everyone knows) there's supposed to be this Easter Bunny that delivers baskets and we have Easter egg hunts but that's about it so it presents an opportunity to create your own mythology."

In Hop's case, that means inventing a secret world on Easter Island where the Easter Bunny and his chick workers craft candy and painted eggs year-round. It also means that when it comes to his son taking over the family business, the Russell Brand-voiced renegade rabbit runs away to play rock and roll.

"It's hard to imagine having made the movie, doing it without Russell Brand because he brings that edgy side to it," said Hill, who admits there was plenty of adlibbing in the recording studio. "His mind works so fast; he wants to alter the line and play with it and he wants to improve it. My philosophy with him was to let him bring what he wanted to bring because most of it is great."

"It's hard to imagine having made the movie, doing it without Russell Brand because he brings that edgy side to it."
TIM HILL

Hill is a slight renegade himself. Having majored in French literature, family entertainment was not his life's agenda. But with hits like Alvin and the Chipmunks behind him, it's certainly proven an area of expertise.

"I love to see kids laugh," said Hill. "And I've always been a big fan of physical comedy. I just think there's a whole visual side of comedy that all ages appreciate, but especially kids."

Nuance

Tim Hill on Russell Brand:

Quote "If you can keep him within the parameters of a family movie, he really is a good actor," said Hill of Russell Brand. "He was able to get all those nuances and it makes a complex character and I think that's a big part of what makes an animated character work."

N.Y. hotels balking at the Sheen show

Big hotels refusing to house Charlie and Co. as speaking tour kicks off

Charlie Sheen is coming to New York for his speaking tour, but first he needs to find a place to stay — and no hotel in the city wants him, according to Page Six.

"Many of the big New York hotels don't want the drama," a source says. "He is now looking at renting a private residence."

But a source close to Sheen claims the problems have all be logistical.

"The real issue is finding him a hotel that allows smoking. He has to be able to smoke," the source says. "And it's hard to find a place that will accommodate him, plus his entourage that will be more than 30, including the lighting people and of course the goddesses."

METRO

ALL PHOTOS GETTY IMAGES FILE

▶ Charlie Sheen

Talking points

Perry's mom peddles book

PEOPLE Katy Perry's mother, Mary Perry Hudson, is shopping a book about how her daughter's fame, risque wardrobe and relationship with Russell Brand have challenged her faith, according to the New York Post.

In the proposal, Hudson reportedly recalls the conflict she felt over Perry's first big hit.

"She sang out, 'I kissed a girl, and I liked it,' while thousands joined her. One part of my heart soared," Hudson writes. "The other part broke for the thousands of hungry souls being fed something that didn't nourish their spirit, but fed their flesh."

METRO

Celebrity tweets

Charlie Sheen [@charliesheen] Like a Dinosaur Stampede from middle earth RAGING atop Col. Kilgore's main rotor, our assault must be EPIC. The Truth is our rocket fuel.

Elizabeth Banks [@ElizabethBanks] I was rocking a new denim shirt, feeling pretty cute until the huz mentioned I looked like an off-hours Jay Leno. G'bye new shirt.

Albert Brooks [@AlbertBrooks] I used to feel a sense of accomplishment when I wrote a screenplay, or a book, or had a child. Now I'm going for sentences here. Damn.

METRO

3 life

Canada's capital has more to offer than the same old boring tours of Parliament Hill
The revitalized ByWard Market area is drawing in visitors with its great food offerings and hip hangouts
And don't forget to make time for a BeaverTail

GIZELLE LAU/METRO

▶ Le Moulin de Provence bakery offers up Obama cookies.

GIZELLE LAU/METRO

▶ Enjoying a beaver tail from the first BeaverTails stand, opened in 1980 in ByWard Market.

Explore Ottawa's ByWard Market

GIZELLE LAU
TRAVEL@METRONEWS.CA

Contrary to popular belief, Ottawa is not the same boring city you suffered through on your Grade 6 field trip. In fact, all the recent uproar on Parliament Hill just goes to show that our capital city is anything but dull.

It's Ottawa's historic ByWard Market that has really become one of the city's hottest attractions. Considered one of the oldest farmers' markets in Canada,

ByWard Market was first established in 1826 by Colonel John By, builder of the Rideau Canal. A recent revitalization within the past decade has produced an influx of independent art galleries, eco-friendly stores, cafes, restaurants, bakeries and one-of-a-kind designer clothing shops that attracts an average of 50,000 visitors on a summer weekend, and more than six million per year.

So if you're planning a visit to Ottawa this spring or summer, here are some tried-and-true suggestions for the best food experiences in ByWard Market.

Take advantage of the fresh, local, and seasonal produce from late spring through fall, and visit one of the 260 farmer's market and artisan stands at ByWard Market Square for fresh fruits, vegetables, or maple syrup. While you're at the square, be sure to visit Le Moulin de Provence bakery where you can pick up an "Obama Cookie," made famous by the U.S. President's visit in February 2009.

GIZELLE LAU/METRO

▶ Murray Street restaurant was named one of Canada's 10 Best New Restaurants of 2009.

Named one of Canada's 10 Best New Restaurants of 2009, Murray Street Kitchen Wine Charcuterie offers upper Canadian farmhouse cooking with a nose-to-tail philosophy. Local cheeses, house-made charcuterie, $13 weekend brunch, and plates like "head & shoulders, knees & toes" just goes to show that Murray Street Kitchen is the whole package (and then some).

For something a little more rowdy and prone to sing-alongs, don't miss Friday and Saturday nights at Fat Tuesday's, where you can enjoy some good 'ol fashioned dueling pianos while noshing on typical Louisiana fare like jambalaya, crab cakes or blackened chicken.

Whether it's a giant stack of banana pancakes for breakfast, four-cheese poutine or one of their 12 burger options for dinner, Zak's Diner serves up diner-sized portions of comfort food 24 hours a day, 7 days a week — a favourite amongst University of Ottawa students and those reeling after a wild night at ByWard Market's clubs, pubs and bars.

Last but not least, a trip to ByWard isn't complete without a stop at the world's very first BeaverTails stand, for one of their fried, doughnut–like treats, traditionally topped with cinnamon and sugar.

More info

- **Location.** The market is conveniently located just a few blocks from attractions like the Chateau Fairmont Laurier, Rideau Canal, Rideau Centre, Parliament Hill, the National Gallery of Canada and Notre Dame Cathedral Basilica.
- **Info.** For more information or to plan your trip, go to ottawatourism.ca.

Travel in brief

Chinese tourism officials say an agreement signed this week in Richmond, B.C., will help boost travel to Qingdao, China, a coastal city known internationally for its beer. Canadian tour companies will promote travel to the city, while Chinese companies will do the same for Richmond, says a report in the Beijing-based People's Daily Online English edition.

THE CANADIAN PRESS

Harding Icefield is a rewarding but strenuous day hike in Alaska

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FLICKR: LOIMERE

▶ Antigua has some of the best beaches in the Caribbean.

A beach for every day of the year in Antigua

The Caribbean has many of great spots to visit, but Antigua's quality, and quantity, of beaches puts it near the top of any list With 365 beaches, you won't lack for options, but don't miss the pink sand of Half Moon Bay Beach

THE TRAVELLIN' CANADIAN

DARREN PARKMAN
TRAVEL@METRONEWS.CA

There are a lot of beautiful beaches in the Caribbean, but not many places can boast a beach for every day of the year.

The island of Antigua is said to have 365 beaches, one for each day of the calendar. You'd need a heck of a lot of SPF 40 sunscreen to spend time on all of them, but a select few are more than worth a leisurely visit.

You may believe you're hallucinating from one too many tropical drinks when you hit the pink sand. That's right, the pink sand of secluded and stunning Half Moon Bay beach, located only about five minutes from Freetown village on the southeast coast. I was immediately struck by the mile of fine powder pink sand that curved around the edge of the bay. Very weird, but still very cool.

The snorkelling and wind surfing were pretty impressive here also. I was glad to see that familiar Caribbean white sand at Galley Bay beach on the northwest coast near Five Islands Village. I happened to show up here during a very special time, when baby sea turtles were hatching and making that long first journey to the sea.

I almost wanted to help out a few of those cute little leatherbacks trying to make their way to the water, by nudging them along, but sea turtles and nesting areas are heavily protected here, so I was content to watch nature unfold in all its glory.

A few days later, I found myself once again wiling away the hours at yet another gorgeous venue, the aptly named Jolly Beach on the West Coast. As I basked in the turquoise blue luke warm waters, watching a few tropical fish swim lazily by, I thought to myself, That's three beaches down … only 362 more to go. Nice work if you can get it.

FLICKR: LOIMERE

Other cool things to do

- **Visit Stingray City.** Get up close and personal with tame stingrays, so gentle they are known as the puppy dogs of the sea! You can learn how to handle and feed these gentle giants, and swim alongside them.
- **Check out the Nightlife in St. John.** Limbo dancers and calypso singers galore can be found at various casinos, bars and restaurants. Also some great nightclubs and discos.

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Ushering in spring

It's time to look forward to warmer weather and lighter, healthier eats

ROSE REISMAN
FOOD@METRONEWS.CA

After a long and harsh winter, we finally have better weather to look forward to.

Springtime cuisine is known to be lighter and healthier, since summer is just around the corner.

To enhance the flavour of this light Frittata with Sautéed Mushrooms dish, use wild mushrooms such as oyster, shiitake or portobello.

Button mushrooms work as well, but be sure to sauté on a higher heat to ensure that the excess liquid evaporates.

Egg substitutes are used to lower the fat, calories and cholesterol in your recipes.

Preparation:

1. Lightly coat a small nonstick skillet with cooking spray. Add the oil and set over medium heat. Add the onion and garlic and sauté for 3 minutes, or until the onion is soft and lightly browned. Add the mushrooms and red pepper and cook for 5 minutes, or until the mushrooms are slightly dried. Set aside.
2. Wipe out the skillet and respray. Combine the egg substitute, egg whites and milk. Cook for 4 minutes over medium heat or until the egg begins to set. Add the onion and mushroom mixture, spinach and cheese. Cover and cook another 2 minutes, or until the cheese melts.
3. Slip the frittata onto a serving platter with a spatula. Cut into wedges, garnish with parsley and serve immediately.

ROSE REISMAN

: ROSE REISMAN

▶ Use your favourite mushrooms to make this dish.

Ingredients:

- 1 tsp vegetable oil
- 1/3 cup finely chopped onion
- 1/2 tsp chopped garlic
- 3/4 cup sliced mushrooms
- 1/4 cup diced red bell pepper
- 1/2 cup egg substitute (or 2 large eggs)
- 3 egg whites
- 1/3 cup low-fat milk
- 1 cup fresh baby spinach
- 1/2 cup shredded havarti
- 2 Tbsp chopped parsley

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Workplace Law

HUMAN RIGHTS?

DANIEL LUBLIN

IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP. DAN@CANADAEMPLOYMENTLAWYER.COM TWITTER: @DANLUBLIN

Employers often complain that human rights tribunals are stacked against them. One employer's recent experience, related below, demonstrates why.

After a night of drinking at a company-sponsored retreat in North Carolina, Anne-Marie Sutton slipped into a bathing suit and joined some colleagues in a hot tub.

Sutton, a contractor for an Ontario accounting firm, had travelled with the company to the retreat. Alcohol flowed freely, and when another guest starting flirting with her, Sutton reciprocated. Once in the hot tub, they starting making out.

One of the witnesses who later testified said that Sutton appeared "into it" and looked "like she was having a good time."

However, after returning home from the retreat, Sutton suddenly claimed that she had been drugged and sexually assaulted in the hot tub by the guest that she had made out with and a partner from the firm. Sutton quickly resigned from her job and suggested that she had been raped.

Dissatisfied with the company's response to her concerns, she launched a human rights complaint, alleging that she had been secretly videotaped, drugged and sexually assaulted at the retreat.

After an eight-day hearing, the Ontario Human Rights Tribunal recently concluded that Sutton simply could not be believed and that her version of the events did not occur.

The problem is that, unlike the courts where the loser pays legal costs to the other side, human rights tribunals have no mandate to award legal costs.

This serves employees' interests but not those of their current or former employers.

If employees have no risk of losing at trial and paying legal costs, why not pull the trigger on an extensive complaint. Here, despite making serious claims that were ultimately unsupported, Sutton was not forced to pay her former employer even a dime.

What's worse is that while Sutton was provided with legal counsel at the government's expense by the Human Rights Legal Support Centre, a provincially funded agency that pursues claims on behalf of employees, her former employer was left to fend for itself.

In my experience, if complainants are actually forced to pay for a lawyer, fewer frivolous claims will be advanced, leaving more time and resources for those that actually do have merit.

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Women take the page

Women in the Field symposium: inequality remains issue in newsrooms

Panelists agree executive positions still dominated by men

KYLA SERGEJEW
LIFE@METRONEWS.CA

With the news of Lisa LaFlamme replacing Lloyd Robertson as CTV National News head anchor, you'd think women had finally won the battle for equality. But the recent symposium held at Ryerson University in Toronto on March 22, Women in the Field, uncovered otherwise.

Panelists focused on the ongoing struggle for equal treatment in the newsroom while addressing topics ranging from parenthood and success to international assignments and occupational stability.

Kathy English, public editor at the Toronto Star, said most women she's spoken to feel there is still a glass ceiling holding women back in the industry.

"These days any inequality you experience is subtle, [and with women] there is a sense of don't rock the boat," said English. "It's easy to say look how bad it used to be, but it's not good enough yet."

Although there is an increasing presence of women in newsrooms and journalism schools, panelists agreed executive positions are still very much held by older, white males.

"The reality is that men are still in charge in much of the world and women continue to defer to them," said Karen Levine, documentary editor at CBC.

CBC director Sadia Zaman knows all too well how discrimination, not only against sex but also race, can put constraints on opportunities.

"It's very discouraging as a woman of colour in this industry," Zaman said. "If you are a woman of colour, you will not see yourself in the executive positions here in Canada."

ISTOCK

▶ Women have made waves in the journalism field within the last century, but is the tide high enough?

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Hit stress with your best shot

Young students are gaining discipline, courage and stamina with the help of a punching bag

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ Shyraya Sullivan participates in a free boxing program to encourage neighbourhood kids to have fun and get fit while learning the basics of the sport.

About a half dozen kids wearing shorts and T-shirts gather around Tyson Cave at a Halifax boxing club. Some look sheepish, others confused.

The 29-year-old accomplished boxer isn't about to go easy on his young students, who've come after school to learn the basics of the contact sport.

While running laps, Cave caught one boy slowing to a walk. Now everyone has to do 20 pushups to make up for it.

"Boxing is a very dedicated sport and I tell all my kids if you're not dedicated 100 per cent, you're in the wrong sport," says Cave, a multi-time national amateur champion with a 14-1 record as a professional.

"I decided to dedicate myself 120 per cent so therefore I was successful."

The Halifax native, who's known as the Prince of Hali in boxing circles, works as a head coach at Palooka's Boxing Club. Five days a week, the facility offers free boxing and mixed martial arts classes for youth between the ages of 12 and 18.

While the club attracts boxers from all over the city, it's no coincidence that it's located on Gottingen Street, a gritty thoroughfare punctuated by small businesses, apartments, government offices, a methadone clinic and a public library. But despite its rough-and-tumble reputation, the street — situated at the edge of the downtown core — has begun to show signs of revitalization in recent years.

Gottingen Street is also home to Uniacke Square, a neighbourhood consisting of low-income housing that has seen its share of violent crime and drugs. It's also where Cave says he spent part of his youth getting into trouble and "trying to be a man while still being a kid from a rough area."

At 14, before Palooka's existed, Cave says he walked into another boxing club on a whim. He recalls the terrifying rush of jumping into the ring for the first time, beads of nervous sweat forming on his skin.

He also remembers how it felt to lose and the pact he made with himself to never face an opponent unprepared again. Boxing gave him something positive to focus on.

"My family didn't have very much money so I picked a sport that all you needed was your hands," says Cave, who won the World Boxing Council's Continental Americas super bantamweight title earlier this year. "I was getting into some trouble and boxing straightened me out."

For those young people already involved in boxing, Cave cautions that it's not an automatic career. Just one injury can take a boxer out of the ring for good, which is why he pushes his students to hit the books as hard — if not harder — than the punching bags.

But Cave also tells his students that hard work will pay off.

He calls it "chasing the dragon" — never giving up, always striving for success. It's how Cave feels about his own career and the kids he's helping to train.

"(I'm) living proof that if you do give a kid a chance, he can succeed and he can become something," he says.

THE CANADIAN PRESS

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4 drive

Welcome to the auto show

The Vancouver International Auto Show opened yesterday Here's a look at the Big Three

WHEELBASE MEDIA

GM

▶ Chevrolet Volt

When talking about GM this year, you have to start with Chevrolet.

And if the only thing Chevrolet was doing for the 2011 model year was launching the Volt electric car, that would be enough, especially considering the investment dollars tied up in technologies that have never found their way into a mass-produced car.

However, Chevrolet is also ousting the Cobalt small car in favour of the brand-new Cruze, while at the same time prepping a convertible version of the Camaro for early 2011. You had to expect big things from the reconstituted General Motors and, well, you're looking at it! The concept behind the compact four-door-sedan Volt is relatively simple. The onboard batteries provide power to the electric motor for about 65 kilometres of combined city/highway driving, after which a 1.4-litre four-cylinder gasoline generator engine kicks in to charge the lithium-ion battery pack.

And don't forget that the 2011 Volt earned the North American Car of the Year award at the Detroit Auto Show last month.

Ford

▶ Ford Fiesta sedan

If you're seeking the latest leading-edge automobiles around, just check your local Ford dealership.

There, you'll overhear buzzwords such as Ecoboost and "5.0 Coyote," and, of course, "Fiesta." When North America began downsizing to more fuel-efficient rides, Ford was likely in the best position of all automakers to make large-scale dramatic lineup changes since it already had several excellent small vehicles for sale in Europe ... and it had the cash to make those changes.

One of the first to arrive is the Fiesta. It might be new to us, but there are currently more than a half-million Fiestas running around Europe and Asia, where the current version was launched two years ago.

And Ford promises that none of the Fiesta's charm and spunk has been lost in translation since the Mexican-built four-door hatchback and all-new North America-exclusive four-door sedan have begun arriving here.

That means we're finally getting the same firm-riding, precise-handling, fuel-sipping vehicles that others around the globe have been enjoying for years.

Chrysler

▶ Chrysler 200 sedan

In just a few years, Chrysler has gone from being owned by a German company, to private ownership, to being steered by an Italian company that happens to be one of the largest automakers in world.

But now what? Having gone through bankruptcy and bailout in 2009, the biggest issue seems to be getting new product on the market for people to actually test drive and buy.

And the best news, here, is that parent Fiat actually wants to build cars. There has been a ton of work going on behind the scenes, including a new-ish 200 sedan (and convertible) based on the previous front-wheel-drive Sebring sedan platform, but with much smoother front and rear styling and LED lamps.

The 300, which was styled by Canadian Ralph Gilles who now runs Dodge, comes in for a visual makeover — new grille, tail lamps, more steeply raked windshield, new wheels, etc. — and a very elegant and high-quality interior upgrade with soft-touch materials, less plastic and more modern shapes, switches and dials. WHEELBASE MEDIA

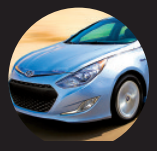
Dates

The Vancouver auto show runs from March 29 to April 3, at the Vancouver Convention Centre. For showtimes and directions, check out vancouverinternationalautoshow.com.

Green Vehicles

Hyundai Sonata Hybrid

The all-new Sonata Hybrid boasts the first-time use of a 270-volt lithium-polymer battery.



Kia Optima Hybrid

The system on the Hybrid Kia Optima uses lithium-polymer batteries

WHEELBASE MEDIA

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what moves you

5 sports

Canucks the top seed with road win

Blue-liner Dan Hamhuis misses the game because of a concussion

The Vancouver Canucks will be the top seed in the Western Conference playoffs. The top line of Daniel Sedin, Henrik Sedin and Alex Burrows made sure of it.

Burrows scored twice in the third period to lead the Canucks to a 3-1 victory over the Nashville Predators last night.

Vancouver clinched the top spot in the West and set a franchise record with its ninth straight road win.

Mike Fisher scored for Nashville.

"We talked about getting in, getting first in our division, and if the conference was there, go for it," Vancouver coach Alain Vigneault said. "We did it and we clinched it. It is a good moment for our group."

Vancouver dominated the third period, outshooting the Predators 14-2.

From the neutral zone, Daniel Sedin sent Burrows in on a breakaway with a backhanded pass. Burrows beat goalie Pekka Rinne with a backhanded shot high to the glove side at 17:31 of the third.

CANUCKS	PREDATORS
3	1

"I saw it was a turnover, and I knew that Danny had it," Burrows said. "I knew he was going to thread the needle to me, and it was a perfect pass right on my stick."

Earlier in the third, Burrows drew Vancouver even at 1:17.

Behind the Nashville net on the left side, Daniel Sedin sent a pass to twin brother Henrik on the right side, where he quickly fired a pass to Burrows all alone in front of Rinne. Burrows beat Rinne with a one-timer for his 23rd goal.

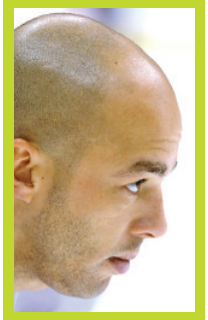
"That early goal really helped us," Henrik Sedin said.

THE CANADIAN PRESS

FREDERICK BREEDON/GETTY IMAGES

▶ Alexandre Burrows congratulates goalie Roberto Luongo on defeating the Nashville Predators yesterday at the Bridgestone Arena in Nashville, Tenn.

In brief



VANCOUVER CANUCKS FORWARD MANNY MALHOTRA HAS UNDERGONE A SECOND SURGERY ON HIS INJURED LEFT EYE, THE TEAM SAID YESTERDAY. THE CANUCKS SAID IN A BRIEF STATEMENT THAT THE SURGICAL PROCEDURE, WHICH TOOK PLACE IN NEW YORK, WAS "SUCCESSFUL," BUT DECLINED TO REVEAL ANY DETAILS ABOUT 30-YEAR-OLD'S CONDITION. THE VETERAN CENTRE, WHO DOESN'T WEAR A VISOR, TOOK A PUCK IN THE FACE MARCH 16 AGAINST THE COLORADO AVALANCHE. "MANNY MALHOTRA'S HEALTH CONTINUES TO BE THE PRIMARY CONCERN OF THE HOCKEY CLUB," THE CANUCKS' STATEMENT READ.

THE CANADIAN PRESS

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Opinion

RORY BOYLEN
THE HOCKEY NEWS

DIVISION NOT WHAT IT USED TO BE

The way the Vancouver Canucks have handled the Northwest Division this year, it's safe to assume the finish to the regular season will be a strong one.

After facing Los Angeles tomorrow night, the Canucks will enter April with four games left on the schedule and all four will be against divisional rivals. They'll face the Oilers and Wild at home and will travel to Edmonton and Calgary for a couple of road games four nights apart.

Which is great for a first-place team that doesn't want to start the playoffs in a lull. Vancouver stands at 16-2-2 against the Northwest, which is easily the best intra-divisional record in the NHL this season.

But while Vancouver has enjoyed an historic season for the franchise, does this mark say more about how strong the roster was in 2010-11 or about how weak the division has become?

Calgary, the second-place team behind Vancouver, may not even make the playoffs. This is a squad that until recently was known for its tough-as-nails approach, strong blue-line and excellent goaltending. Put it all together and Calgary may not have been the flashiest team or one many would pick to win the Stanley Cup, but it wasn't a lineup anyone would willingly choose to play against because it wore you down and took advantage.

From 2000 to 2009 the Minnesota Wild were also a team to be reckoned with. Like the Flames, the Wild were never a team of all-stars, but with coach Jacques Lemaire behind the bench anything was possible. They'd shutdown and frustrate opponents and would often overachieve, making it as far as the conference final in 2003.

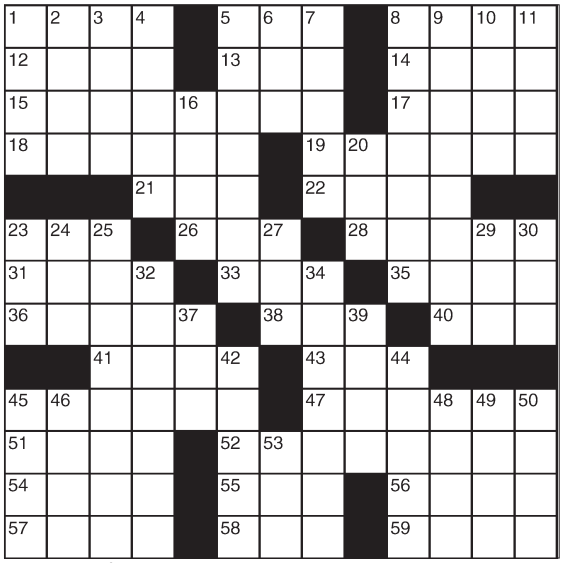
The Colorado Avalanche haven't been the powerhouse they once were with Joe Sakic and Peter Forsberg, but the fact remains they posted at least 95 points in four of the five seasons prior to this one. But this year the bottom has fallen out of the Northwest.

The Flames fired GM Darryl Sutter in December when it looked like their season was about to be lost. The Wild haven't been the same since replacing Lemaire with Todd Richards, as a new era of offence-minded hockey has yet to unfold. The Avalanche can't seem to find consistency and the Oilers are in a gradual rebuild that, while full of promising youngsters, is still a few years away from being realized.

Yes, Vancouver is a formidable foe that has made the circumstances worse for their opponents. You can't take anything away from the year the Canucks have had, but you can wonder about the state of the division.

None of the also-rans appear as though they'll be in any better shape next season — which bodes well for Vancouver's continued domination of the once-mighty Northwest.

Crossword



Across
1 NYPD types
5 Scratch
8 Open somewhat
12 Oil cartel
13 Have bills
14 Diamond corner
15 Something one likes
17 Met melody
18 Classify
19 "The Taking of — 1 2 3"
21 D.C. figure
22 — gin fizz
23 English channel?
26 Jewel
28 Scoundrel
31 Wander
33 Fort —, N.J.
35 Tend texts
36 Sleep disorder
38 "Glee" actress Michele
40 Pouch
41 Commanded
43 Unburden
45 Carbolic acid
47 Pizza toppings
51 Parliamentary title
52 Sports page grid
54 Shrek, for one
55 Raw mineral
56 Director Kazan
57 Autocrat
58 Existed
59 Stalk

Down
1 Caesar co-star
2 Piece of work
3 Energizes, with "up"
4 Cone contents
5 Having blotches
6 Shock and —
7 Harvests
8 Ornamental shell
9 Marines (Sl.)
10 Largest of the seven
11 Paper quantity
16 Kermit, e.g.
20 Wapiti
23 Shape shifter?
24 Conk
25 Australia's capital
27 Wire measure
29 By way of
30 List-ending abbr.
32 Gad about
34 Photocopies
37 Commotion
39 Has a bug
42 Knee counterpart
44 Cuts into cubes
45 Story line
46 Gluttons
48 Chevy hybrid
49 Great Lake
50 Fashion line?
53 — pro nobis

▶ Yesterday's answer

J	A	R	S		J	E	T		B	L	A	B
I	D	O	L		E	T	H		L	O	G	O
B	A	B	Y	B	L	U	E		U	S	E	D
E	R	E		A	L	I		N	E	E	D	Y
			B	R	O		M	O	B			
M	A	I	L	S		K	A	R	L	O	F	F
A	L	S	O		F	I	X		O	R	A	L
D	E	P	O	S	I	T		C	O	R	N	Y
			D	O	G		C	O	D			
G	A	B	B	Y		G	O	O		S	E	A
L	I	R	A		B	A	N	K	R	O	L	L
O	D	I	N		A	N	D		I	S	L	E
W	E	E	K		A	G	O		D	O	S	E

Sudoku

		4				5	9	
5	6						4	
			4		7	2		
		2			6	1		9
			3		9			
3		1	5			7		
		6	7		8			
	3						7	4
	1	5				8		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	8	9	3	2	1	5	6	7
6	2	7	5	9	8	1	3	4
5	3	1	6	4	7	8	9	2
3	1	8	2	6	9	7	4	5
7	6	5	8	3	4	9	2	1
9	4	2	7	1	5	3	8	6
2	5	6	9	7	3	4	1	8
8	9	4	1	5	2	6	7	3
1	7	3	4	8	6	2	5	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

My Gorgeous Love, You are the best father, the best husband and my best friend! Me and You Forever! Plus our little go-gurts! Xoxo

Sally, I just wanted the world to know tht i miss u and you made the right decision <3 **DANNY**

To all of my girls....we're going to Cubes in 10 sleeps and it's going to be messsssy! If group marriages are ever legal, you'll all be my hot wives. I love all of you jerks! **TRIXX ;)**

To my cuddlepuff: This is good. Also, u're gorgeous. I love you farther than any rocketship would take me. Keep smiling, I'll be home soon. **TLS <3**

Happy Birthday, Zed! May all of your wishes and dreams come true P.S. I'm falling for you too

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 As Mercury, planet of the mind, turns retrograde in your sign today, you will have to look at some of the decisions you have made in recent weeks.

♉ Taurus April 21-May 21 Some of your old fears and worries may resurface today but it is only a passing phase, so don't be alarmed. In a matter of days, you will realize that it's all in your mind and that none of it can possibly hurt you.

♊ Gemini May 22-June 21 You seem to believe that if you don't push yourself, you will miss out and that others will get the applause that should have been yours. Maybe they will. But more likely, they'll get things thrown at them!

♋ Cancer June 22-July 22 You may be worried about where you are going, especially on the work front. But there's no need to change your plans. Trust that fate will lead you where you most need to go.

♌ Leo July 23-Aug.23 It will pay you to rethink something you decided in the past few weeks, especially if your initial decision was made in haste. It's not often that you get the chance to go back and put things right. Don't waste it.

♍ Virgo Aug. 24- Sept. 22 What seems like bad news early in the day may turn out to be good news by the end of the day. There is no need to worry. Keep that thought in mind over the next few weeks.

♎ Libra Sept. 23-Oct. 23 It may be tempting to withhold your approval from someone who has let you down, but is that wise? Most likely it will make the situation worse than it needs to be, so let it go.

♏ Scorpio Oct. 24-Nov. 22 Something is worrying you and the only way you are going to recover your peace of mind is to confide in someone you trust. Almost certainly you are overreacting but you won't know until you talk about it.

♐ Sagittarius Nov. 23-Dec. 21 If you let people get away with things they do not deserve to get away with, you'll regret it. Let them know there is a price to be paid for trying to push you around.

♑ Capricorn Dec. 22-Jan. 20 Sometimes, the best way to deal with a problem is to ignore it. That is what you must do today. Most likely what you see as a problem is just your imagination playing tricks.

♒ Aquarius Jan. 21-Feb. 18 Go back and take care of something that should have been dealt with weeks ago. It's not often you get a second bite at the cherry but that's what the planets are offering you now. Don't turn it down.

♓ Pisces Feb. 19-March 20 Others may say that plans you made earlier in the month will have to be revised in the light of new information but don't believe them. Nothing has changed. **SALLY BROMPTON**

Caption contest

ANUPAM NATH/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

ERANGA JAYAWARDENA/ THE ASSOCIATED PRESS

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Airfares

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from **$258**
+ taxes & fees $109

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Cancun	from $399 + taxes & fees $332
Dallas	from $399 + taxes & fees $125
New York	from $459 + taxes & fees $147
Honolulu	from $468 + taxes & fees $129
Hong Kong	from $659 + taxes & fees $213
Lima	from $699 + taxes & fees $282
Costa Rica	from $770 + taxes & fees $268
Auckland	from $929 + taxes & fees $401
Sydney	from $929 + taxes & fees $432

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+ taxes & fees $597
Vancouver – Paris – Nice – Rome – Prague – Amsterdam – Vancouver

South Pacific from $1499 + taxes & fees $480
Vancouver – Auckland – Melbourne – Christchurch – Raratonga – Vancouver

South America from $1749 + taxes & fees $688
Vancouver– Buenos Aires – El Calafate – Iguazzu Falls – Santiago – Vancouver

Australia Walkabout from $1999 + taxes & fees $471
Vancouver – Melbourne – Perth – Alice Springs – Sydney – Vancouver

Cruise & Stays

Seattle
1 Night + 1-Night Cruise
from **$199**
+ taxes & fees $53
INCLUDES cruise from Vancouver to Seattle, 1 night University district accom with return bus transfer to Vancouver.

Las Vegas
Air + 2 Nights + 7-Night Cruise from $699 + taxes & fees $184
INCLUDES cruise to Los Angeles from Vancouver visiting Nanaimo, Victoria, Astoria & San Francisco, air to Las Vegas, 2 nights accom on the Vegas Strip and air to Vancouver.

Southern Caribbean
Air + 2 Nights + 7-Night Cruise from $1075* + taxes & fees $126
INCLUDES roundtrip air to San Juan from Seattle, roundtrip cruise from San Juan visiting St Thomas, Barbados, St Lucia, Saint Kitts, St Maarten with 2 nights San Juan accom near the beach and 24-hour casino.

All-inclusive Vacations

Los Cabos
7 Nights 4.5-Star
from **$588**
+ taxes & fees $331

Puerto Vallarta
7 Nights 3.5-Star from $565 + taxes & fees $330
UPGRADE to 4-star accom from $10 per night.

Riviera Nayarit
7 Nights 5-Star from $625 + taxes & fees $330

Punta Cana 7 Nights 4-Star from $647 + taxes & fees $376

Huatulco 7 Nights 4.5-Star from $755 + taxes & fees $330

Cancun 7 Nights 4-Star from $795 + taxes & fees $330

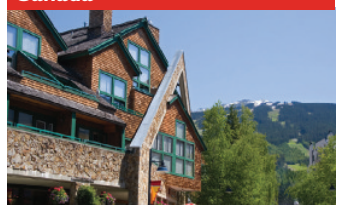
Varadero 7 Nights 4-Star from $895 + taxes & fees $276

Unique Vacations

Belgium 7-Day River Boat
from USD **$739**
taxes & fees included
INCLUDES self-drive boat charter in the coastal canals and rivers of Belgium with bedding, bathroom, kitchenette and sundeck. Price per person based on group of 4. Damage waiver and one way fee are included in price.

Southern France
7-Day River Boat from USD $899 taxes & fees included
INCLUDES self-drive boat charter in the waterways of the Canal du Midi with bedding, bathroom, kitchenette and sundeck. Price per person based on group of 4. Damage waiver and one way fee are included in price.

Canada



Whistler Mother's Day Family Special, 2 Nights 4.5-Star
from **$99**◊
taxes & fees included
INCLUDES Pan Pacific luxury accom with buffet breakfasts. Price per person based on family of 4. **BOOK** this package based on double occupancy from $189.

Okanagan Fest-of-Ale 2 Nights from $139 taxes & fees included
INCLUDES accom on Okanagan Lake during the 16th annual Fest-of-Ale event.

Osoyoos May Long Weekend Family Special, 3 Nights 4-Star from $155◊ taxes & fees included
INCLUDES 1-bedroom, condo-style, luxury accom on Osoyoos Lake. Price per person based on a family of 4. **BOOK** this package based on double occupancy from $219.

Vacations

Thailand
Air + 8 Nights
from **$1195**
+ taxes & fees $477
INCLUDES air to Bangkok, total 2 nights central Bangkok accom, roundtrip air from Bangkok to Koh Samui and 6 nights Koh Samui beach accom.

Scotland
Air + 6 Nights 4-Star + Golf from $1099 + taxes & fees $474
INCLUDES air to Glasgow, roundtrip airport transfers, 6 nights accom, golf course transfers, 2-rounds of golf at Renfrew Golf Course & 3-rounds of golf at your choice of 6 courses. **BONUS** hot buffet breakfast & choice of lunch or dinner daily plus bottle of wine & fruit bowl upon arrival.

Cuba
Air + 2 Nights + 8-Day Tour from $1555 + taxes & fees $192
INCLUDES air into Havana, 2 nights 4-star, central Havana accom & 8-day Cuba tour, roundtrip Havana. **HIGHLIGHTS** Viñales, Maria La Gorda & Soroa.

Goa & London
Air + 11 Nights from $1729 + taxes & fees $668
INCLUDES 2 nights 3.5-star London accom and 9 nights 4-star beachfront resort-style accom in Goa.

Peru Inca Trail
Air + 4 Nights 7-Day Tour from $2199 + taxes & fees $411
INCLUDES all air, 2 nights Lima accom, 7-day Inca Trail tour and 2 nights Cusco accom.

Escorted Tours

Italy 8-Day Tour was ~~$1044~~ now $994 taxes & fees included
HIGHLIGHTS Headsets throughout the tour. Lake Como, Lake Iseo, Sirmione, Lake Garda area, Verona, Lake Maggiore & Lugano. Roundtrip Lake Como.

Europe Budapest to Berlin
9-Day Tour was ~~$1749~~ now $1674 taxes & fees included
HIGHLIGHTS Budapest, Vienna, Rosenburg, Prague, Dresden & Berlin. Travel Budapest to Berlin.

USA

Hawai'i
Air + 5 Nights
from **$599**
+ taxes & fees $132
INCLUDES Waikiki accom close to the beach, restaurants and entertainment.

Las Vegas
Air + 3 Nights + Cirque du Soleil from $329 + taxes & fees $106
INCLUDES accom on the Las Vegas Strip. **BONUS** ticket to select Cirque du Soleil or other Las Vegas show included. **UPGRADE** to 4-star from $16 per night.

Anaheim Family Special
Air + 4 Nights from $338◊ + taxes & fees $106
INCLUDES accom near theme parks. Price per person based on a family of 4. **ADD** 3-day *Disneyland* Resort *Park Hopper* Ticket from $195/adult, $172/child (ages 3-9 yrs).

San Francisco Air + 3 Nights from $358 + taxes & fees $110
INCLUDES accom in the heart of downtown San Francisco. **ADD** hop-on, hop-off San Francisco trolley tour from $40.

New Orleans Air + 4 Nights from $669 + taxes & fees $120
INCLUDES accom in the historic French Quarter. **ADD** dinner jazz cruise from $66.

Cruises

Bahamas
4-Night Cruise
from USD **$289**
+ taxes & fees USD $59
CRUISE roundtrip Port Canaveral and visit CocoCay & Nassau.

Southern Caribbean
7-Night Cruise from USD $369 + taxes & fees USD $67
CRUISE roundtrip San Juan and visit St Thomas, Barbados, St Lucia, St Kitts & St Maarten.

Eastern Caribbean
6-Night Cruise from USD $399 + taxes & fees USD $92
CRUISE Bayonne to San Juan and visit King's Wharf & St Thomas.

Bermuda 5-Night Cruise from USD $479 + taxes & fees USD $62
CRUISE roundtrip Baltimore and visit Kings Wharf (overnight).

UK & Ireland
4-Night Cruise from USD $497 + taxes & fees USD $76
CRUISE roundtrip Southampton and visit Cork (overnight).

Hawai'i 7-Night Cruise from $1058 + taxes & fees $93
CRUISE roundtrip Honolulu and visit Maui (overnight), Hilo, Kona & Kauai.

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